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ABSTRACT

A study was conducted at William Rainey Harper College (WRHC) to determine the feasibility of establishing a flexible hour physical fitness center and super circuit lab at the college. Designed for use by community residents of all ages and physical fitness levels, the Super Circuit Lab would provide circuit weight machines and cardiovascular exercise equipment for use in personalized, professionally supervised fitness programs. To assess interest in the lab, four different populations were surveyed, including local businesses, district households, full-time WRHC faculty and staff, and WRHC students. Survey findings, based on responses from 13 of 50 businesses surveyed, 19 of 200 random households surveyed, 101 of 667 faculty and staff members, and 315 students surveyed in class, included the following: (1) if proper marketing techniques were carried out, it could be expected that 1,613 people would enroll each semester in such a center; (2) enrollment would be evenly split between community residents and students with a modest number of employees from area businesses; (3) enrollees would prefer attending 3 days per week for 20 weeks; (4) among the proposed activities, the most popular were aerobic dancing classes and swimming; (5) among the elements of the proposed super circuit lab, the most attractive were the individual physical fitness assessment and the flexibility of hours; and (6) the most important reason given by all four groups for wanting to enroll in the proposed super circuit lab was "regular routine of exercise and personal health awareness." Based on study findings, there seemed to be a large demand for the proposed physical fitness center, with a large part of this demand representing additional enrollments. The survey instruments and detailed study findings are included. (RO)

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William Rainey Harper College

Feasibility Study For a Proposed Physical Fitness Center and a Super Circuit Lab

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PURPOSE

The purpose of this study was to determine the feasibility of establishing a flexible hour physical fitness center and super circuit lab. The study was requested by the Physical Education, Athletics, and Recreation Division (PEAR). The description of the proposed center and lab is shown in the appendix.

POPULATION SURVEYED

Four different populations were surveyed. First 50 businesses were chosen which represented about half the large business that are in close proximity to Harper College campus. Thirteen businesses responded to this mail survey.

Secondly a mail survey was sent to 200 district households chosen at random from the telephone book. Nineteen households responded to this mailing. There are about 170,000 households in the Harper district.

The third survey comprised all 667 full-time faculty and staff employed at Harper College. After mailing the survey through the campus mail, 74 staff and 27 faculty responded.

The final survey was distributed to 315 students in various class periods during the spring '86 semester. During this term there were 12,270 degree credit students enrolled.

METHODOLOGY

The survey instruments shown in the appendix were developed jointly by the Office of Planning and Research and the PEAR Division. The survey instrument, description of the proposed center and a stamped return envelope were included in each mailing.

One mailing was made to the first three samples with no follow-up. It was assumed that those not responding were not interested in the proposed physical fitness center. Surveys and descriptions of the center were distributed during class periods for the student sample.

DISCUSSION OF RESULTS

If proper marketing techniques were carried out (mailings to every business, household, Harper employee and student), it could be expected that 1,613 would enroll each semester. The enrollment would be evenly split between community residents and students with a modest number of employees of area businesses. However, only 1,025 would be additional enrollments each semester with 588 taking the super circuit lab rather than a regular physical education class.

Enrollees in this proposed physical fitness center would prefer attending close to three days per week and for an average duration of 1.23 semesters or 20 weeks. Enrollments would be spread out over the whole day with the highest concentrations occuring in the evening and Saturday morning.

Among the activities of the proposed physical fitness center the most popular were aerobic dancing classes and swimming while the least popular activity was racquetball. However, racquetball was much more popular among employee groups.

Considering the elements of the proposed super circuit lab, the most attractive were the individual physical fitness assessment and the flexibility of utilization or open hours. The least attractive elements were the health club atmosphere and the nutritional assessment. Individual health assessment was much more attractive among employee groups while the progressive circuit concept was much more attractive among the students. This latter finding may be due to the fact that students understand the progressive circuit concept more than the other groups surveyed.

The most important reason given by all four groups for wanting to enroll in the proposed super circuit lab was regular routine of exercise and personal health awareness while the least important reason for enrolling was receiving college credit. However, lower cost than health clubs was the most important reason cited by employee groups, while having a professionally managed fitness program was the most important reason given by community residents. Convenience was most important for staff and faculty.

Community residents and faculty prefer non-credit while students prefer credit. Overall, the preference for credit or non-credit is an even split. If the physical fitness center was offered on a credit basis, most would prefer the pass/fail grading system be used.

In summary, there seems to be a large demand for the proposed physical fitness center and a large part of this demand would be additional enrollments. It appears that the four target groups who would enroll have different motivations for enrolling and different elements of the proposed center appeal in different degrees to each group. This might suggest designing different literature for each target group.

Detailed data summarizing the results of the survey for all four groups follow. Writeups and data for each individual group survey are shown in the appendix.

DETAILED DATA SUMMARIZING

RESULTS OF ALL FOUR SURVEYS

SUMMARY OF DEMAND FOR SUPER CIRCUIT LAB

	Business Employees	Community Residents	Harper Faculty And Staff	Harper Students	Total
Estimated Enrollment per year	252	1,190	20	1,168	2,630
Preference for Duration of Class - Semesters	1.0 Sem.	1.25 Sem.	1.3 Sem.	1.25 Sem.	1.23 Sem.
Estimated Enrollment per Semester	126	744	13	730	1,613
Percent who would Enroll in Regular Physical Education Courses if Super Circuit lab not Opened	0	16.67	46.75	62.7	36.5
Additional Enrollments/ Semester to PEAR Division as a Result of Super Circuit Lab	126	620	7	272	1,025
Would Attend an Average Number of Days Per Week	---	2.8	3.0	3.0	2.9

SUMMARY OF DEMAND FOR SUPER CIRCUIT LAB

ESTIMATED ENROLLMENTS PER SEMESTER

Time Period	Business Employees	Community Residents	Harper Faculty And Staff	Harper Students	Total
Early Morning (6-8 a.m.)	87	117	3	158	365
Morning (8-12 a.m.)	0	313	2	220	535
Noon	48	78	6	185	317
Early Afternoon (1-4 p.m.)	0	235	2	299	536
Later Afternoon (4-6 p.m.)	58	78	8	273	417
Evening (6-9 p.m.)	97	274	5	401	777
Saturday Morning	97	352	4	239	692

SUMMARY OF DEMAND FOR PHYSICAL FITNESS CENTER

DEGREE* OF PREFERENCES FOR VARIOUS ACTIVITIES

Activity	Business Employees	Community Residents	Harper Faculty And Staff	Harper Students	Total Average
Aerobic Dance and Exercise Class	1.91	1.12	1.11	1.38	1.30
Swimming	1.45	1.21	1.08	1.27	1.25
Weight Training	1.44	.89	.95	1.37	1.15
Open Gym Activities	1.55	.72	1.05	1.32	1.06
Racquetball	1.73	.61	.71	1.14	.94

*Degree of Preference: 2 = would definitely participate in this activity
1 = might participate
0 = would not participate

AVERAGE RANK* OF ATTRACTIVENESS OF VARIOUS
ELEMENTS OF PROPOSED SUPER CIRCUIT LAB

Element	Business Employees	Community Residents	Harper Faculty And Staff	Harper Students	Total Average
Individual Physical Fitness Assessment	3.44	2.93	2.97	3.48	3.22
Flexibility of Utilization	2.90	3.75	3.12	3.07	3.37
Supervision by Qualified Fitness Counselors	3.11	3.25	3.48	3.67	3.43
The Progressive Circuit	4.89	4.13	3.52	3.00	3.67
Individual Health Assessment	2.89	3.57	3.70	4.35	3.87
Nutritional Assessment	4.90	4.21	4.77	4.96	4.61
Health Club Atmosphere	4.56	5.50	6.26	5.52	5.44

*Rank of Attractiveness: 1 = Most Attractive
7 = Least Attractive

SUMMARY OF DEMAND FOR PROPOSED SUPER CIRCUIT LAB

Average Ranking* as to Importance of Reasons for Enrolling in the Super Circuit Lab

Reason for Enrolling	Business Employees	Community Residents	Harper Faculty And Staff	Harper Students	Total Average
Regular Routine of Exercise	2.89	3.06	2.60	2.85	2.95
Personal Health Awareness	3.00	2.81	2.96	3.14	2.98
Professionally Managed Fitness Program	3.00	2.13	3.53	4.21	3.15
Lower Cost than Health Club	2.20	3.44	3.81	3.11	3.20
Convenience of Harper Campus Location	2.89	3.75	2.07	3.31	3.47
College Credit	5.80	5.88	5.74	4.32	5.17

*Ranking as to Importantce: 1 = Most Important
6 = Least Important

Preference for Enrolling for Credit in Percents

Preference	Community Residents	Harper Faculty And Staff	Harper Students	Total Average
Prefer Credit	26.7	11.4	68.5	47.1
Prefer Non-Credit	60.0	88.0	29.3	45.2
No Preference	13.3	.6	2.2	7.7
If Credit:				
Prefer Regular Letter Grading System	16.7	12.1	33.3	24.8
Prefer Pass/Fail Grading System	66.7	87.2	66.0	66.5
No Preference	16.6	.7	.7	8.7

A P P E N D I X

Survey Instrument

Description of Physical Fitness Center and Super Circuit Lab

Write up and Data From Results of each Individual Group Surveyed

BEST COPY AVAILABLE

William Rainey Harper College
Algonquin and Roselle Roads
Palatine, Illinois 60067
312-397-3000

THE PROPOSED HARPER COLLEGE FITNESS CENTER

The Harper College Super Circuit Lab will be designed for the use of the Harper community of all ages and physical fitness levels. The Lab, which will be located in the Physical Education Center, will consist of circuit weight machines and cardiovascular equipment such as stationary bicycles, mini trampolines, and a rowing machine. The Lab will be professionally designed and planned with an open concept which means the facility will be accessible at numerous open hours during the week.

The Program and Supervision

The program entails a personalized computer fitness program that will design a program for your individual needs based on scientific testing. Basic concepts of physical fitness will be taught to each participant by a qualified physical educator and this will enable an individual to develop realistic fitness goals.

The proposed program will be administered by professional educators taking an individual through the following steps:

1. orientation
2. pre-testing (physical assessment)
3. instruction of equipment use
4. exercise and program prescription
5. post-testing and reassessment

The Equipment

The Lab contains exercise equipment which adapts to various college age groups and physical needs. Research in exercise physiology determined the design of the resistive equipment. The exercise machines affect specific muscle groups and can be adjusted to the individual needs of each user.

The machines are used in a particular sequence in order to exercise all muscles of the body and at the rate necessary to maintain cardiovascular fitness. This sequence is called a circuit and the process is known as the circuit training principle. By completing an exercise circuit, you will have taken another step in the direction of total fitness.

Program Description

Each student will begin an individualized orientation session that features initial fitness counseling and testing to determine maximum strength on each apparatus. Body fat, flexibility and endurance are also measured. Also during orientation, each person will receive instruction and demonstration for proper use and care of the equipment. All the data received during orientation is fed into a computer which will then determine the proper fitness program for each individual with 40 percent of one's maximum strength on each piece of equipment used as a benchmark.

The nucleus of the Lab will be multi-station Super Circuit featuring specific apparatus for resistance workouts such as the shoulder press, bench press, leg squat, arm curl, leg extension, vertical chest, leg press, hip flexor, high pulley, low pulley, leg curl, rowing, dip stand, and bicycle.

Combined with the Super Circuit stations is the aerobic equipment which includes several exercise bicycles and indoor jogging trampolines. The result is a program designed to improve strength and endurance from 15 to 25 percent in just 16 weeks.

A complete Super Circuit routine workout includes warmup and pre- and post-workout stretching which takes approximately 50 minutes. The time spent on one complete Super Circuit of specific apparatus is roughly 25 minutes. During the Super Circuit routine workout, exercisers alternate 30 seconds of lifting (40 percent of their maximum) with 30 seconds of aerobic work, either on the exercise bike of the indoor jogger. Repetitions at each lifting station should be in the range of 15 to 20 during the 30-second period.

Three to four routine workouts per week achieve maximal results over the approximate 16 week period. During the semester, students have the convenience of working out during the week with flexible hours throughout the day.

In addition to the Super Circuit, there will be additional machines available in the fitness lab for concentrated work and exercises that will affect specific body parts. Another advantage is that exercisers are able to work at their own pace rate and standards.

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William Rainey Harper College
Algonquin and Roselle Roads
Palatine, Illinois 60067
312-397-3000

Winter/Spring 1986

Dear Resident of the Harper College District:

Harper College is in the process of establishing a Super Circuit Lab in conjunction with their existing Fitness Program. The Fitness Program is designed with the intent of meeting the fitness needs of the community.

It is evident that our sedentary and automative life style has contributed greatly to our increasing number of health problems such as: high blood pressure, premature cardiac problems, physical inefficiency, obesity, orthopedic abnormalities, stress, and chronic fatigue.

Therefore, the availability of the Fitness Program and Super Circuit Lab will generate self awareness, give people an opportunity to participate in a physical fitness program and provide the knowledge to continue with a sound program towards "total" wellness.

Please complete the attached survey and return it in the self-addressed, stamped envelope enclosed for your convenience. Thank you for your cooperation.

Sincerely,
Roger Bechtold
Mary-Aileen Blohm

Roger Bechtold and
Mary-Aileen Blohm,
Department of Physical Education

RB/MAB/ss

Survey of Interest in the Proposed

HARPER COLLEGE
FITNESS PROGRAM AND SUPER CIRCUIT LAB

1. What kinds of physical fitness activities would you participate in if they were available to you? Check (✓) one column for each activity.

Activity	Would Definitely Participate In This	Might Participate In This	Would Not Participate In This
Weight Training	_____	_____	_____
Aerobic Dance and Exercise Classes	_____	_____	_____
Swimming	_____	_____	_____
Racquetball	_____	_____	_____
Open gym activities such as: basketball, volleyball, jogging	_____	_____	_____
Other - Please List			
_____	_____	_____	_____
_____	_____	_____	_____

2. If you were to use the Harper College Center, what times would you most likely use it? Check (✓) ALL that apply.

_____ A. Early morning (6:00 a.m. - 8:00 a.m.)

_____ B. Morning (8:00 a.m. - 11:59 a.m.)

_____ C. Noon

_____ D. Early Afternoon (1:00 p.m. - 3:59 p.m.)

_____ E. Later Afternoon (4:00 p.m. - 5:59 p.m.)

_____ F. Evening (6:00 p.m. - 9:00 p.m.)

_____ G. Saturday morning

3. If the proposed Super Circuit Lab opened, how many days per week would you utilize the Lab. Check (✓) one.

_____ A. 1 Day

_____ B. 2 Days

_____ C. 3 Days

_____ D. 4 Days

_____ E. 5 Days

_____ F. 6 Days

4. If the proposed Super Circuit Lab opened, what would be your reaction? Check (✓) one.

_____ A. I would enroll in the Super Circuit Lab.

_____ B. I am satisfied using Building M Facilities during the open hours.

_____ C. I am not sure at this point.

_____ D. I am not interested in any of these options.

5. Please rank order the various elements of the proposed Harper College Super Circuit Lab as to how they would attract you. Put a 1 by the element that attracts you most and a 8 by the element that attracts you least.

_____ A. The progressive circuit (weight training, stationary bicycles, rowing machines and mini-trampolines).

_____ B. The fact that the exercises are supervised by qualified fitness counselors.

_____ C. Individual physical fitness assessment (evaluation of fitness progress).

_____ D. Flexibility of utilization (open hours).

_____ E. Nutritional Analysis

_____ F. Health club atmosphere

_____ G. Individual health assessment (blood pressure, body fat, blood analysis).

_____ H. Other _____

_____

6. Please rank order the reasons you might enroll in the Super Circuit Lab. Put a 1 by the most important reason for you and a 7 by the least important reason.

_____ A. Convenience of the Harper campus location.

_____ B. Lower cost than health clubs.

_____ C. College credit

_____ D. Regular routine of exercise

_____ E. Personal health awareness

_____ F. Professionally managed fitness program

_____ G. Other _____

_____

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7. If you enrolled in a Physical Fitness class or Super Circuit Lab, would you prefer it to be: Check (✓) one.

_____ A. Credit

_____ B. Non-Credit

If offered for credit, would you prefer: Check (✓) one.

_____ C. Regular letter grading system

_____ D. Pass/Fall grading system

8. If you enrolled in the Super Circuit Lab what would your preference be in regard to the duration of the class. Check (✓) one.

_____ A. Half-semester (8 weeks)

_____ B. One Semester (16 weeks)

_____ C. Two Semesters (Fall and Spring)

_____ D. Three Semesters (Fall, Spring, Summer)

9. If the Super Circuit Lab did not open, would you enroll in regular physical education courses instead? Check (✓) one.

_____ A. Yes

_____ B. Not sure

_____ C. No

S U R V E Y

Among Residents of Interest in Fitness Program and Super Circuit Lab

Seven adults among 200 households would enroll in the super circuit lab.

With 170,000 households in Harper district this would project out to 5,950 adults interested in district.

Spread out over five years this would amount to 1,190 per year or about 600 per semester.

Times Preferred to Use Fitness Center

Time	N
Saturday Morning	9
Morning (8-12 a.m.)	8
Evening (6- 9 p.m.)	7
Early Afternoon	6
Early Morning (6- 8 a.m.)	3
Noon	2
Late Afternoon (4-6 p.m.)	2

Number of days per week they would use fitness center

Use	N
2	5
3	9
5	1

Physical Fitness Activities Residents would Participate in

Activity	N	PCT Would Definitely Participate	Degree* of Intent To Participate
Swimming	19	47	1.21
Aerobic dance & Exercise Class	17	29	1.12
Weight Training	18	17	.89
Open gym such as basketball, volleyball and jogging	18	11	.72
Racquetball	18	11	.61

*Degree: 2 = would definitely participate
1 = might participate
0 = would not participate

PREFERENCE FOR CREDIT, GRADING SYSTEM AND DURATION OF CLASS

Preference	N	PCT
Credit	4	26.7
Non-Credit	9	60.0
Do Not Care	2	13.3
	15	100.0
Regular Grading System	2	16.7
Pass/Fail Grading System	8	66.7
Do Not Care	2	16.6
	12	100.0
Half Semester	5	33.3
One Semester	5	33.3
Two Semesters (fall & spring)	2.5	16.7
Three Semesters(fall, spring, summer)	2.5	16.7
	15	100.0

Average 1.25 semesters per resident

If Super Circuit did not open would they enroll in regular Physical Education Courses Instead?

	N	PCT
Yes	0	0
Not Sure	6	33.3
No	12	66.7
	18	100.0

DEGREE TO WHICH ELEMENTS OF THE PROPOSED HARPER COLLEGE SUPER CIRCUIT LAB ATTRACTED RESIDENTS

Element of Proposed Super Circuit Lab	N	Average Rank* Attractiveness
Individual Physical Fitness Assessment	14	2.93
Exercises are supervised by qualified fitness counselors	16	3.25
Individual health assessment	14	3.57
Flexibility of Utilization (open hours)	16	3.75
The progressive circuit	16	4.13
Nutritional analysis	14	4.21
Health Club atmosphere	16	5.50

*Rank: 1 = attractive element
8 = least attractive element

IMPORTANCE OF REASONS FOR ENROLLING IN THE SUPER CIRCUIT LAB

Reason	N	Average Rank* of Importance
Professionally managed fitness program	16	2.13
Personal Health awareness	16	2.81
Regular routine of exercise	16	3.06
Lower cost than health club	16	3.44
Convenience of the Harper Campus location	16	3.75
College Credit	16	5.88

William Rainey Harper College
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Winter/Spring 1986

Dear Sir:

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It is evident that our sedentary and automative life style has contributed greatly to our increasing number of health problems such as: high blood pressure, premature cardiac problems, physical inefficiency, obesity, orthopedic abnormalities, stress, and chronic fatigue.

Therefore, the availability of the Fitness Program and Super Circuit Lab will generate self awareness, give people an opportunity to participate in a physical fitness program and provide the knowledge to continue with a sound program towards "total" wellness.

Please complete the attached survey and return it in the self-addressed, stamped envelope enclosed for your convenience. Thank you for your cooperation.

Sincerely,
Roger Bechtold
Mary-Aileen Blohm

Roger Bechtold and
Mary-Aileen Blohm,
Department of Physical Education

RB/MAB/ss

SURVEY OF INTEREST IN THE PROPOSED

H A R P E R C O L L E G E

FITNESS AND WELLNESS CENTER

Name of Company_____

Number of Employees_____

Individual Responsible for
Health and Fitness in
Your Company_____

SURVEY OF INTEREST IN THE PROPOSED

H A R P E R C O L L E G E

FITNESS AND WELLNESS CENTER

1- What kinds of physical fitness activities would your employees most likely participate in if they were available to them? Check (✓) one column for each activity.

Activity	Most Likely To Particiate In This	Might Particiate In This	Would Not Likely Participate In This
Weight Training	_____	_____	_____
Aerobic and Exercise Classes	_____	_____	_____
Swimming	_____	_____	_____
Racquetball	_____	_____	_____
Open gym activities such as: Basketball, Volleyball, Jogging	_____	_____	_____
Other - Please List			
_____	_____	_____	_____
_____	_____	_____	_____

2- If your employees were to use the Harper Center, what times would they most likely use it? Check (✓) ALL that apply.

_____ A. Early morning (6:00 a.m. - 8:00 a.m.)

_____ B. Morning (8:00 a.m. - 11:59 a.m.)

_____ C. Noon

_____ D. Early Afternoon (1:00 p.m. - 3:59 p.m.)

_____ E. Later Afternoon (4:00 p.m. - 5:59 p.m.)

_____ F. Evening (6:00 p.m. - 9:00 p.m.)

_____ G. Saturday Morning

3- If the proposed Super Circuit Lab opened, what would likely be your company or institution policy about employees using Harper's Lab? Check (✓) one.

_____ A. We already have our own physical fitness center.

_____ B. We already have a satisfactory working relationship with an existing health club or park district.

_____ C. Hands-off policy on this issue.

_____ D. We are not sure of our policy.

_____ E. We would encourage employees to use the Harper Center.

_____ F. We would institute a matching program to help pay for the employee's use of the Harper Center.

_____ G. We would be interested in a company or institutional membership fee that would allow employees to use the Harper Center free-of-charge.

4- If your company already has its own physical fitness center, what does it entail? Check (✓) all that apply.

_____ A. Special Facility

_____ B. Weight Equipment

_____ C. Structured Program

_____ D. Professionally Staffed

_____ E. Employee fee to use facility

5- Please rank order the various elements of the proposed Harper College Super Circuit Lab as to how you feel it would appeal to your employees. Place a 1 by the element that you feel would most appeal to your employees and a 7 by the element you feel would least appeal to them.

_____ A. The progressive circuit (weight training, stationary bicycles, rowing machines and mini-trampolines)

_____ B. The fact that the exercises are supervised by qualified fitness counselors.

_____ C. Individual physical fitness assessment (evaluation of fitness progress)

_____ D. Flexibility of utilization (open hours)

_____ E. Nutritional Analysis

_____ F. Health club atmosphere

_____ G. Individual health assessment (blood pressure, body fat, blood analysis)

6- Please rank order the reasons you feel your employees might enroll in the Fitness Program and Super Circuit Lab. Put a 1 by the most important reason they might enroll and a 6 by the least important reason.

_____ A. Convenience of the Harper campus location.

_____ B. Lower cost than health clubs

_____ C. College credit

_____ D. Regular routine of exercise

_____ E. Personal health awareness

_____ F. Professionally managed fitness program

SURVEY OF INTEREST IN HARPER'S FITNESS

AND WELLNESS CENTER BY BUSINESSES IN THE DISTRICT

Attitude or Policy of Company Toward Harper's Proposed Super Circuit Lab

Company Position	N	PCT
Would encourage employees to participate in center and would either institute a matching program to help pay employees fees or would pay an institutional membership fee so employees could go free.	2	15.4
Would encourage employees to participate in center and would be interested in paying institutional membership fee so employees could come free.	1	7.7
Would be interested in paying institutional membership fee so employees could come free to center.	2	15.4
Would only encourage employees to participate in Harper's Center	2	15.3
Currently subsidizes aerobic exercise classes but would have to know cost of institutional membership before making any commitment to Harper's program.	1	7.7
Hands-Off Policy	1	7.7
Already have a satisfactory relationship with a park district or a health club.	1	7.7
Have their own fitness center with a special facility and weight equipment. No fee is charged employees but no professionals staff the center.	1	7.7
Feel their employees would not be interested in Harper's Fitness and Wellness Center.	2	15.4
Total	13	100.0

The seven companies who are positive about the Harper proposed center employ 6,300 workers. If one out of ten of these employees enrolled at the Harper Center, this would provide 630 participants. It also should be noted that a number of companies closest to Harper's campus did not respond to the survey.

Kinds of Physical Fitness Activities Employess Would Most Likely Participage In

Activity	Number of Company Responses	Index* of Participation Likelyhood
Aerobic & Exercise Classes	11	1.91
Racquetball	11	1.73
Open gym activities such as basketball, volleyball, jogging	11	1.55
Swimming	11	1.45
Weight Lifting	9	1.44

Other activities listed were bowling, softball and golf

*Index: 2= most likely to participate
1= might participate
0= would not likely participate in this activity.

Preference for Times for Employees to Attend Center

Time	N	PCT
Saturday Morning	10	91
Evening (6 - 9 p.m.)	10	91
Early Morning (6 - 8 a.m.)	9	82
Later Afternoon (4 - 6 p.m.)	6	55
Noon	5	45

Elements of Proposed Super Circuit Which Companies feel Would MOST appeal to Employees

Super Circuit Element	N	Average Rank* Of Appeal
Individual Health Assessment	9	2.89
Flexibility of Utilization	10	2.90
Exercises are Supervised by Qualified Fitness Counselors	9	3.11
Individual Physical Fitness Assessment	9	3.44
Health Club Atmosphere	9	4.56
The Progressive Circuit	9	4.89
Nutritional Analysis	10	4.90

*Rank: 1 = Most Appeals
7 = Least Appeals

Reasons Employees Might Enroll	N	Average Rank* of Importance
Lower cost than health club	10	2.20
Convenience of Harper Campus Location	9	2.89
Regular Routine of Exercise	9	2.89
Personal Health Awareness	9	3.00
Professionally Managed Fitness Program	9	3.00
College Credit	10	5.80

*Rank: 1 = Most Important
6 = Least Important

William Rainey Harper College
Algonquin and Roselle Roads
Palatine, Illinois 60067
312-397-3000

Spring 1986

Dear Harper College Staff:

Harper College is in the process of establishing a Super Circuit Lab in conjunction with their existing Fitness Program. The Fitness Program is designed with the intent of meeting the fitness needs of the community.

It is evident that our sedentary and automative life style has contributed greatly to our increasing number of health problems such as: high blood pressure, premature cardiac problems, physical inefficiency, obesity, orthopedic abnormalities, stress, and chronic fatigue.

Therefore, the availability of the Fitness Program and Super Circuit Lab will generate self awareness, give people an opportunity to participate in a physical fitness program and provide the knowledge to continue with a sound program towards "total" wellness.

Please complete the attached survey and return it to the Department of Planning and Research (PLG/RES). Thank you for your cooperation.

Sincerely,
Roger Bechtold
Mary Aileen Blohm

Roger Bechtold and
Mary-Aileen Blohm,
Department of Physical Education

RB/MAB/ss

William Rainey Harper College
Algonquin and Roselle Roads
Palatine, Illinois 60067
312-397-3000

Spring 1986

Dear Full-Time Faculty Member:

Harper College is in the process of establishing a Super Circuit Lab in conjunction with their existing Fitness Program. The Fitness Program is designed with the intent of meeting the fitness needs of the community.

It is evident that our sedentary and automative life style has contributed greatly to our increasing number of health problems such as: high blood pressure, premature cardiac problems, physical inefficiency, obesity, orthopedic abnormalities, stress, and chronic fatigue.

Therefore, the availability of the Fitness Program and Super Circuit Lab will generate self awareness, give people an opportunity to participate in a physical fitness program and provide the knowledge to continue with a sound program towards "total" wellness.

Please complete the attached survey and return it in the self-addressed, stamped envelope enclosed for your convenience. Thank you for your cooperation.

Sincerely,
Roger Bechtold
Mary-Aileen Blohm

Roger Bechtold and
Mary-Aileen Blohm,
Department of Physical Education

RB/MAB/ss

Survey of Interest in the Proposed

HARPER COLLEGE
FITNESS PROGRAM AND SUPER CIRCUIT LAB

1. What kinds of physical fitness activities would you participate in if they were available to you? Check (✓) one column for each activity.

Activity	Would Definitely Participate In This	Might Participate In This	Would Not Participate In This
Weight Training	_____	_____	_____
Aerobic Dance and Exercise Classes	_____	_____	_____
Swimming	_____	_____	_____
Racquetball	_____	_____	_____
Open gym activities such as: basketball, volleyball, jogging	_____	_____	_____
Other - Please List			
_____	_____	_____	_____
_____	_____	_____	_____

2. If you were to use the Harper College Center, what times would you most likely use it? Check (✓) ALL that apply.

_____ A. Early morning (6:00 a.m. - 8:00 a.m.)

_____ B. Morning (8:00 a.m. - 11:59 a.m.)

_____ C. Noon

_____ D. Early Afternoon (1:00 p.m. - 3:59 p.m.)

_____ E. Later Afternoon (4:00 p.m. - 5:59 p.m.)

_____ F. Evening (6:00 p.m. - 9:00 p.m.)

_____ G. Saturday morning

3. If the proposed Super Circuit Lab opened, how many days per week would you utilize the Lab. Check (✓) one.

_____ A. 1 Day

_____ B. 2 Days

_____ C. 3 Days

_____ D. 4 Days

_____ E. 5 Days

_____ F. 6 Days

4. If the proposed Super Circuit Lab opened, what would be your reaction? Check (✓) one.

_____ A. I would enroll in the Super Circuit Lab.

_____ B. I am satisfied using Building M Facilities during the open hours.

_____ C. I am not sure at this point.

_____ D. I am not interested in any of these options.

5. Please rank order the various elements of the proposed Harper College Super Circuit Lab as to how they would attract you. Put a 1 by the element that attracts you most and a 8 by the element that attracts you least.

_____ A. The progressive circuit (weight training, stationary bicycles, rowing machines and mini-trampolines).

_____ B. The fact that the exercises are supervised by qualified fitness counselors.

_____ C. Individual physical fitness assessment (evaluation of fitness progress).

_____ D. Flexibility of utilization (open hours).

_____ E. Nutritional Analysis

_____ F. Health club atmosphere

_____ G. Individual health assessment (blood pressure, body fat, blood analysis).

_____ H. Other _____

_____

6. Please rank order the reasons you might enroll in the Super Circuit Lab. Put a 1 by the most important reason for you and a 7 by the least important reason.

_____ A. Convenience of the Harper campus location.

_____ B. Lower cost than health clubs.

_____ C. College credit

_____ D. Regular routine of exercise

_____ E. Personal health awareness

_____ F. Professionally managed fitness program

_____ G. Other _____

_____

7. If you enrolled in a Physical Fitness class or Super Circuit Lab, would you prefer it to be: Check (✓) one.

_____ A. Credit

_____ B. Non-Credit

If offered for credit, would you prefer: Check (✓) one.

_____ C. Regular letter grading system

_____ D. Pass/Fall grading system

8. If you enrolled in the Super Circuit Lab what would your preference be in regard to the duration of the class. Check (✓) one.

_____ A. Half-semester (8 weeks)

_____ B. One Semester (16 weeks)

_____ C. Two Semesters (Fall and Spring)

_____ D. Three Semesters (Fall, Spring, Summer)

9. If the Super Circuit Lab did not open, would you enroll in regular physical education courses instead? Check (✓) one.

_____ A. Yes

_____ B. Not sure

_____ C. No

INTEREST IN THE SUPER CIRCUIT LAB

BY

FACULTY AND STAFF

74 Staff and 27 Faculty - for a total of 101 - would definitely enroll in the Super Circuit Lab.

On the average, each would enroll for 1.3 semesters
The expected enrollment would be 20 per year or 11 per semester, if the demand was spread out over 5 years.

Times Faculty and Staff Would Most Likely Use Center

Time Period	N
Later Afternoon (4-6 p.m.)	113
Noon	87
Evening (6-9 p.m.)	68
Saturday morning	53
Early morning (6-8 a.m.)	49
Early afternoon (1-4 p.m.)	30
Morning (8 a.m. - 12 p.m.)	23

Number of Days per Week Faculty and Staff Would Use Facility

Number of Days	N	
1	10	
2	44.5	
3	85	Average = 3.0 days per week
4	20	
5	19.5	
6	2	

Preference for Duration of Class	N	
Half Semester (8 weeks)	60.5	
One Semester (16 weeks)	56.5	
Two Semesters (Fall and Spring)	19	Average = 1.3 Semesters per Enrollee
Three Semesters (Fall, Spring and Summer)	46	

Degree to Which Faculty and Staff Would Participate in Various Physical Fitness Activities

Activity	N	Degree* To Which They Would Participate
Aerobic Dance and Exercise Classes	179	1.11
Swimming	177	1.08
Open Gym Activities such as Basketball, Volleyball and Jogging	170	1.05
Weight Training	176	.95
Racquetball	153	.71

* 2 = Would definitely participate
1 = Might participate
0 = Would not participate

Other Activities Mentioned

Aquacize - 10	Light Aerobics - 4	Tennis - 2	Trim and Fit - 1
Walking - 7	Bicyling - 3	Nautilus - 2	Climbing - 1
			Sailing - 1
			Rowing - 1

Ranking of Various Elements of Proposed Super Circuit Lab as to How They Would Attract Faculty and Staff

Element	N	Average Rank* Of Attractiveness
Individual Physical Fitness Assessment	171	2.97
Flexibility of Utilization (open hours)	174	3.12
Exercises are Supervised by Qualified Fitness Counselors	174	3.48
The Progressive Circuit	181	3.52
Individual Health Assessment	170	3.70
Nutritional Analysis	168	4.77
Health Club Atmosphere	171	6.26

* 1 = Most Attractive
7 = Least Attractive

Ranking as to Importance of Reasons for Enrolling in Super Circuit Lab

Reason for Enrolling	N	Average Rank* Of Importance
Convenience of the Harper Campus Location	181	2.07
Regular Routine of Exercise	174	2.60
Personal Health Awareness	168	2.96
Professionally Managed Fitness Program	170	3.53
Lower Cost than Health Clubs	159	3.81
College Credit	152	5.74

* 1 = Most Important Reason
6 = Least Important Reason

Preference if Person Enrolled in Physical Fitness Class or Super Circuit Lab	N	PCT
Credit	20	11.4
Non-Credit	155	88.0
Do Not Care	1	.6
	176	100.0

If Credit:		
Regular Letter Grading System	17	12.1
Pass/Fail Grading System	123	87.2
No Grading	1	.7
	141	100.0

If Super Circuit Lab Did Not Open Would They Enroll in Regular Physical Education Courses Instead		
Yes	46.5	24.5
Not Sure	84.5	44.5
No	59	31.0
	190	100.0

Name _____
Soc.Sec.No. _____

This data is needed so we do not bother you with a second follow-up questionnaire.

Survey of Interest in the Proposed

HARPER COLLEGE
FITNESS PROGRAM AND SUPER CIRCUIT LAB

1. What kinds of physical fitness activities would you participate in if they were available to you? Check (✓) one column for each activity.

Activity	Would Definitely Participate In This	Might Participate In This	Would Not Participate In This
Weight Training	_____	_____	_____
Aerobic Dance and Exercise Classes	_____	_____	_____
Swimming	_____	_____	_____
Racquetball	_____	_____	_____
Open gym activities such as: basketball, volleyball, jogging	_____	_____	_____
Other - Please List			
_____	_____	_____	_____
_____	_____	_____	_____

2. If you were to use the Harper College Center, what times would you most likely use it? Check (✓) ALL that apply.

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_____ E. Later Afternoon (4:00 p.m. - 5:59 p.m.)
_____ F. Evening (6:00 p.m. - 9:00 p.m.)
_____ G. Saturday morning

3. If the proposed Super Circuit Lab opened, how many days per week would you utilize the Lab. Check (✓) one.

_____ A. 1 Day
_____ B. 2 Days
_____ C. 3 Days
_____ D. 4 Days
_____ E. 5 Days
_____ F. 6 Days

4. If the proposed Super Circuit Lab opened, what would be your reaction? Check (✓) one.

_____ A. I would enroll in the Super Circuit Lab.

_____ B. I am satisfied using Building M Facilities during the open hours.

_____ C. I am not sure at this point.

_____ D. I am not interested in any of these options.

5. Please rank order the various elements of the proposed Harper College Super Circuit Lab as to how they would attract you. Put a 1 by the element that attracts you most and a 8 by the element that attracts you least.

_____ A. The progressive circuit (weight training, stationary bicycles, rowing machines and mini-trampolines).

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_____ C. Individual physical fitness assessment (evaluation of fitness progress).

_____ D. Flexibility of utilization (open hours).

_____ E. Nutritional Analysis

_____ F. Health club atmosphere

_____ G. Individual health assessment (blood pressure, body fat, blood analysis).

_____ H. Other _____

_____

6. Please rank order the reasons you might enroll in the Super Circuit Lab. Put a 1 by the most important reason for you and a 7 by the least important reason.

_____ A. Convenience of the Harper campus location.

_____ B. Lower cost than health clubs.

_____ C. College credit

_____ D. Regular routine of exercise

_____ E. Personal health awareness

_____ F. Professionally managed fitness program

_____ G. Other _____

_____

7. If you enrolled in a Physical Fitness class or Super Circuit Lab, would you prefer it to be: Check (✓) one.

_____ A. Credit

_____ B. Non-Credit

If offered for credit, would you prefer: Check (✓) one.

_____ C. Regular letter grading system

_____ D. Pass/Fail grading system

8. If you enrolled in the Super Circuit Lab what would your preference be in regard to the duration of the class. Check (✓) one.

_____ A. Half-semester (8 weeks)

_____ B. One Semester (16 weeks)

_____ C. Two Semesters (Fall and Spring)

_____ D. Three Semesters (Fall, Spring, Summer)

9. If the Super Circuit Lab did not open, would you enroll in regular physical education courses instead? Check (✓) one.

_____ A. Yes

_____ B. Not sure

_____ C. No

PREFERENCE REGARDING ENROLLING IN THE PHYSICAL FITNESS CENTER AND THE SUPER CIRCUIT LAB

Preference for Credit	N	PCT
Prefer Credit	213	68.5
Prefer Non-Credit	91	29.3
Does Not Matter	7	2.2
	311	100.0

If Offered for Credit	N	PCT
Prefer Regular Letter Grading System	97	33.3
Prefer Pass/Fail Grading System	192	66.0
Does Not Matter	2	.7
	291	100.0

If Super Circuit Lab Did Not Open Would Student Enroll In Regular Physical Education Courses Instead	N	PCT
Yes	129	41.5
Not Sure	132	42.4
No	50	16.1
	311	100.0

SURVEY OF STUDENTS CONCERNING PROPOSED SUPER CIRCUIT LAB AND FITNESS CENTER

Overall Reaction to Plan	N
Would enroll in Super Circuit Lab	150
Would enroll if all activities mentioned were available	1
Satisfied just using Building M During open hours	24
Not sure at this point	129
Not interested in any of these options	10
No response	1
Total Respondents	315

TOTAL Spring Degree Credit Students ---- 12,270

Estimated spring degree credit students who would enroll ----- 5,843

If spread out over five years and 10 semesters (fall and spring) would have 584 interested students per semester or 1,460 per year.

PREFERENCE FOR DURATION OF SUPER CIRCUIT LAB CLASS

Duration	N
Half Semester (8 weeks)	69
One Semester (16 weeks)	150.5
Two Semesters (fall, spring)	33
Three Semesters	56.5
Total	309
Average Duration	20 weeks

FITNESS ACTIVITIES IN WHICH STUDENTS WOULD MOST LIKELY PARTICIPATE

Activity	Number of Responses	Degree Average Index of Likelyhood of Participation*
Aerobic Dance and Exercise Classes	300	1.38
Weight Training	303	1.37
Open Gym Activities such as basketball, volleyball, jogging	295	1.32
Swimming	297	1.27
Racquetball	293	1.14

*Degree index of likelyhood of participation: 2 = Would definitely participate
1 = Might participate
0 = Would not participate

OTHER PHYSICAL FITNESS ACTIVITES LISTED BY STUDENTS

- Tennis	11
- Badminton/Volley ball	4
- Jazz	4
- Gymnastics	3
- Open Dance Room	3
- Ballet	3
- Bowling	3
- Baseball/Football	2
- Floor Hockey	2
- Fencing	2
- Walking	1
- Soccer	1
- Aquacize	1
- Frisbee	1
- Yoga	1
- Intramural activities	1
- Tai Kwon Do	1
- Cardio/Prevention Program	1
- Swimming	1
- Rowing Machine	1
- Fitness Program	1
- Nautilus	1
- Softball	1
- Martial Arts	1

TIMES STUDENTS WOULD MOST LIKELY USE
HARPER PHYSICAL FITNESS CENTER

Time Period	N	PCT
Evening (6-9 p.m.)	173	55.1
Early Afternoon (1-4 p.m.)	129	41.1
Later afternoon (4-6 p.m.)	118	37.6
Saturday Morning	103	32.8
Morning (8 - 12 p.m.	95	30.3
Noon	80	25.5
Early Morning	68	21.7

DAYS PER WEEK STUDENTS WOULD USE
PROPOSED SUPER CIRCUIT LAB

Days Per Week Lab would be Utilized	N	PCT
No Useage	1	.3
1 day	15	4.8
2 days	71.5	23.0
3 days	136.5	43.9
4 days	58	18.7
5 days	21.5	6.9
6 days	7.5	2.4
		100.0

Average days utilized per week -- 3.06
Median days utilized per week -- 3.00

ATTRACTIVENESS OF VARIOUS ELEMENTS OF PROPOSED
SUPER CIRCUIT LAB TO HARPER STUDENTS

Element of Super Circuit Lab	N	Average Rank* of Attractiveness
The Progressive Circuit	299	3.00
Flexibility of Utilization	296	3.07
Individual Physical Fitness Assessment	293	3.48
Supervision by Qualified Fitness Counselors	299	3.67
Individual Health Assessment	280	4.35
Nutritional Assessment	289	4.96
Health Club Atmosphere	293	5.52

*Rank: 1 = Most Attractive Element
8 = Least Attractive Element

IMPORTANCE OF REASONS WHY STUDENTS WOULD ENROLL IN PROPOSED SUPER CIRCUIT LAB

REASON FOR ENROLLING	N	Average Rank* Of Importance
Regular Routine of Exercise	296	2.85
Lower Cost than Health Clubs	302	3.11
Personal Health Awareness	296	3.14
Convenience of the Harper Campus Location	303	3.31
Professionally Managed Fitness Program	289	4.21
College Credit	300	4.32

*Rank: 1 = Most Important Reason
7 = Least Important Reason

Operational Staff:

Janice A. Cook, Secretary

Karla Hill, Tabulation
Linda Pones, Mailing
Jean Schneider, Research

William Rainey Harper College
Algonquin and Roselle Roads
Palatine, Illinois 60067

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AUG 1 1986